

Your important health information (Chinese)

妊娠期糖尿病患者的健康饮食资讯

什么是妊娠期糖尿病？

妊娠期糖尿病发生于孕期,这是由于您的激素水平出现变化。当血液中葡萄糖(一种糖)水平过高,便会形成糖尿病。孕期血液中高于正常水平的葡萄糖会对胎儿产生不良的影响,例如胎儿过大、早产、生产时胎儿窘迫,及/或婴儿出生后出现血糖水平偏低的情况。

为何日常饮食对妊娠期糖尿病很重要？

遵循健康的饮食计划,可以帮助您控制血糖水平及孕期增重,同时亦为您及胎儿提供足够的营养。



孕期所需的营养

孕期重要的是要进食不同种类的健康食物,以满足您和胎儿的营养需求。我们给妊娠期糖尿病女性的饮食建议和所有怀孕女性的很相似,只是多加一些指引。

确保您的每日饮食中包括以下食物:

- 水果、蔬菜、全谷类食品(面包、米饭、意大利面、面条),奶制品(牛奶/豆奶、酸奶、黄色硬奶酪),煮熟的红肉/鸡肉/鱼类/鸡蛋(或可选用豆腐、坚果、植物种籽)

限量(少量食用):

- 高汞量鱼类,每两周可食用1份(鲨鱼、剑鱼、枪鱼),并且两周内不可食用其他鱼类。中汞量鱼类,限每周食用一份(红罗非鱼、鲶鱼),且同一周内不可食用其他鱼类。任何其他鱼类和海鲜可每周食用2到3次。
- 咖啡因—每天最多摄入200毫克(咖啡馆的咖啡含有90-120毫克/杯,茶含有10-50毫克/杯)。在餐后到检测血糖之间的2个小时内,避免饮用咖啡或茶。

禁食(不要食用):

- 酒精及李斯特菌及沙门氏菌高危食品如白色软奶酪、冷盘肉/熟食店肉类、成品沙拉、豆芽、生鸡蛋、餐馆成品肉类(猪肉、鸭肉)。

通过日常饮食控制你的血糖水平

食物中有 3 种主要养分：分别为脂肪，蛋白质及碳水化合物。脂肪及蛋白质不会直接影响您的血糖水平，但是如果大量进食，会导致额外增重，使控制血糖水平变得更困难。通过饮食控制糖尿病血糖水平时，有两个重要考量因素：

1. 碳水化合物的种类
2. 碳水化合物的摄取量

碳水化合物是什么？

碳水化合物是食物中的淀粉和糖，在食物消化的过程中，它们会分解成葡萄糖。很多健康的食物都含有碳水化合物，可以为身体提供能量。含有碳水化合物的食物也可以为身体提供膳食纤维、维生素及矿物质。日常饮食中摄取碳水化合物是很重要的，尤其是在孕期：

高碳水化合物

1. 谷类食品：面包、意大利面、米饭、面条、谷物早餐
2. 水果
3. 奶制品包括牛奶、酸奶、豆奶(奶酪是低碳水化合物食物。避免食用软奶酪，布里干酪、卡门塔尔乳酪、意大利乳清干酪、菲达奶酪，除非完全加热。硬奶酪可以放心食用)。
4. 蔬菜
 - a. 淀粉类蔬菜:马铃薯、芋头、南瓜、玉米
豆类例如小扁豆、烘豆及栗子

低碳水化合物

- b. 非淀粉类蔬菜:所有其它煮熟的蔬菜及沙拉蔬菜,例如白菜、菜花、西蓝花、黄瓜、胡萝卜、菠菜、卷心菜
5. 蛋白质类食物：红肉、鸡肉、鱼类、海鲜、鸡蛋、豆腐、坚果例如花生、杏仁、核桃、腰果(栗子除外)，植物种籽例如：葵花籽及南瓜籽

香料及调味品如新鲜辣椒、大蒜、五香、咖喱粉及酱油都不含碳水化合物，仍可用于食物调味。

上述高碳水化合物食物都会直接影响您的血糖水平，需要监控这种食物的种类和摄取量。低碳水化合物食物不会大幅影响您的血糖水平。

糖类

营养价值不高的碳水化合物食品包括桌用糖(白糖及原糖)、软饮料、甜果汁、蜂蜜、糖果、蛋糕、甜饼干、巧克力及红豆沙(红豆甜汤-高糖)。最好限量进食这些食物。炒煮用的酱汁例如海鲜酱、蚝油及四川酱亦要限量使用。少量摄取此类食物，例如在热饮中加入一匙糖或者蜂蜜应该不会大幅影响您的血糖水平。

人工甜味剂

人工甜味剂含有少量或者不含碳水化合物。甜味剂包括阿斯巴甜(Equal) (951)、三氯蔗糖(Splenda) (955)和甜叶菊代糖剂(Stevia) (960)。在孕期可以代替糖类少量摄取，是安全的。人工增甜食物例如无糖软饮料也含有人工甜味剂。

我应该吃哪种碳水化合物?

不同种类的碳水化合物食物会以不同速度分解成葡萄糖。有些会分解较快,使血糖大幅升高,这些食物被称为高升糖指数(GI)食物。其它的会分解较慢,使血糖升幅较少,这些食物被称为低升糖指数(GI)食物。低升糖指数食物是控制你血糖水平的较佳的选择。

碳水化合物食物	<input checked="" type="checkbox"/> 消化分解慢的食物使血糖少量提升(低升糖指数)	<input checked="" type="checkbox"/> 消化分解快的食物使血糖大量提升(高升糖指数)
面包及谷类食物	<ul style="list-style-type: none"> ✓ 全谷粒面包 ✓ 水果谷粒面包 ✓ 低升糖指数面包 ✓ 卷燕麦/全燕麦(燕麦糊) ✓ 长粒米/印度米(basmati) 粥 ✓ All Bran, Guardian, Special K ✓ Weet-bix blends ✓ 未经烤制的什锦麦片 	<ul style="list-style-type: none"> x 白面包 x 全麦面包 x 白面粉 x 即食燕麦(即食燕麦糊)/快熟燕麦 x 短粒米粥 x 玉米脆片 x 米泡, Coco-Pops x Froot loops
米饭 意大利面及面条	<ul style="list-style-type: none"> ✓ 长粒米 ✓ 印度米(Basmati 糙米及白米) ✓ 野生稻米 ✓ SunRice低升糖米(白米及糙米) ✓ 小麦意大利面(白面及全麦面) ✓ 所有面条 ✓ 大麦粒 	<ul style="list-style-type: none"> x 茉莉香米 x 白米(短谷粒) x 糙米(短谷粒) x 马铃薯丸 x 小米
淀粉类蔬菜	<ul style="list-style-type: none"> ✓ 甘薯(橙色) ✓ 马铃薯(尼可拉Nicola) ✓ 芋头 ✓ 奶油南瓜 ✓ 玉米 ✓ 豆类例如小扁豆、烘豆 ✓ 栗子 	<ul style="list-style-type: none"> x 白色马铃薯、紫色甘薯 x 南瓜(除奶油南瓜外所有品种,)
水果	<ul style="list-style-type: none"> ✓ 梨子及水晶梨(Nashi) ✓ 火龙果、榴莲果 ✓ 西柚、柚子(大葡萄柚) ✓ 荔枝、龙眼(橄榄大小,类似荔枝) ✓ 苹果、杏子、香蕉、浆果 ✓ 樱桃、葡萄、枣类 ✓ 橙子、猕猴桃、桔子、芒果 ✓ 油桃、桃子、李子 ✓ 菠萝 ✓ 椰子水 ✓ 天然果汁中的罐头水果(非糖浆浸泡) 	<ul style="list-style-type: none"> x 硬皮甜瓜、西瓜 x 罐头水果(糖浆浸泡) <p>注意:少量食用干果及鲜果汁。新鲜水果是较好的选择。</p>
奶类及酸奶	<ul style="list-style-type: none"> ✓ 牛奶及酸奶 ✓ 豆奶及酸奶 ✓ 养乐多(Yakult) 	<ul style="list-style-type: none"> x 甜炼乳
饼干,脆饼及额外食物	<ul style="list-style-type: none"> ✓ 全谷粒饼干: 维他韦9谷类食品(Vita Weat 9 Grain™)、瑞维他多谷粒食品(Ryvita Multigrain™) ✓ 亚诺精选小吃饼干(Arnott's Snack Right™ biscuit) ✓ 中式饺子 	<ul style="list-style-type: none"> x 脆米饼 x 精面咸饼干例如沙沃(Savoy™)、水面饼干、梳打饼干(salada) x 咸肉粽 x 原味甜饼干 x 红豆沙(红豆甜汤-高糖)

我应该吃多少碳水化合物？

每顿正餐和加餐都应该摄取碳水化合物。您每天应该吃 3 份适量的主餐及 3 份少量的加餐。

以下推荐的碳水化合物摄取量是为了满足孕期每日营养需要。食物中碳水化合物的数量以碳水化合物份数计算。只有高碳水化合物的食物才需要计算份数。

- 1 份碳水化合物大约是 15 克碳水化合物
- 目标是要在每次正餐时摄取 3 份碳水化合物(45 克), 及在每次加餐时摄取 1-2 份碳水化合物 (15-30 克)。

碳水化合物食物	1 份 (15 克碳水化合物)	
面包及谷类食物	1 片面包/水果面包 ½ 杯早餐谷类食物 1½ 块韦碧斯(Weet Bix)	2 餐匙/¼ 杯麦片/原燕麦 ½ 杯熟燕麦
米饭/意大利面/面条	⅓ 杯熟米饭 ½ 杯熟面条	⅓ 杯熟白意大利面 ½ 杯熟薏米
淀粉类蔬菜	1 个小马铃薯 ½ 杯土豆泥 ½ 杯甘薯 1 杯南瓜	½ 杯玉米粒 1 个小玉米棒子 ½ 杯罐装豆类/烘豆 ¼ 杯扁豆
水果	¼ 杯榴莲果(切丁) 1 个小火龙果 ½ 条大香蕉 ½ 杯葡萄 1½ 杯甜瓜/菠萝 1 杯浆果/樱桃 1 根小香蕉 6 粒荔枝 30 粒小龙眼 1 汤匙葡萄干 ¼ 个柚子 1 杯(250 毫升)椰子水	1 个中等大小苹果, 橙, 梨子, 桃子 3 个大杏子 ½ 个芒果 2 个小柑子/猕猴桃 25 粒小草莓 8 粒特大草莓 2 个中等大小油桃/李子 ½ 杯罐装水果(滤干) ½ 杯果汁 6 个杏子干/西梅干 1 个西柚 4 粒枣子
奶类	1 杯(250 毫升)牛奶/豆奶	
酸奶	200 克原味酸奶 (请记得查看酸奶营养成分表, 不同酸奶碳水化合物含量会有差异)	100 克水果酸奶 一瓶养乐多(Yakult)
饼干, 脆饼及额外食品	2 块瑞维他(Ryvita) 4 块维他韦(Vita Weats) 3 杯空气爆米花 2 个中等大小的中式饺子(每个约 30 克) 5 粒烘栗子	6 块小沙拉打(salada)/沙沃(savoy) 10 块脆米饼 2 块亚诺精选小吃饼干(Arnott's Snack Right biscuits)
面粉	2 汤匙全麦面粉	

样本膳食计划

早餐 (3 份碳水化合物)

例 1:

- 1 杯面条+非淀粉类蔬菜+红肉/猪肉/鸡肉/牛肉或豆腐+1 杯牛奶/豆奶

例 2:

- 2 片谷粒面包/吐司, 涂上黄油及花生酱+1 小塑料杯原味酸奶

例 3:

- 用 2/3 杯煮熟的长米/印度米 (basmati) 煮的粥, 可加 (鸡肉/猪肉/鸡蛋) +1 片谷粒面包或1 杯牛奶/豆奶

例 4:

- 鸡蛋 (水煮或煎)+2 片谷粒面包+1 杯牛奶/豆奶
加上茶/咖啡(可加少许牛奶), 可与以上任一示例一起食用。

早茶 (1-2 份碳水化合物)

- 1 份水果加 1 小塑料杯原味酸奶或1 小塑料杯水果酸奶

午餐 (3 份碳水化合物)

例 1:

- 3/4 杯熟印度米饭 (basmati) 加上
- 大量非淀粉类蔬菜 (1/2 盘) 加上
- 红肉/猪肉/鸡肉或鸡蛋/豆腐, 加 1 个小马铃薯

例 2:

- 中式煎蛋卷 (2-3 个鸡蛋、中国韭菜、辣椒、香葱、生抽酱油、芝麻油、胡椒) 加上
- 足量炒熟芥兰, 或其它非淀粉类蔬菜 (1/2 盘) 加上
- 1 杯熟印度米饭 (basmati)

下午茶 (1-2 份碳水化合物)

- 1-2 份水果或1 个玉米棒子

晚餐 (3 份碳水化合物)

例 1:

- 1 杯熟印度米饭 (basmati) 或 6 个中等大小 (每个 30 克) 中式饺子加上
- 足量非淀粉类蔬菜 (1/2 盘) 加上
- 红肉/猪肉/鸡肉或鸡蛋/豆腐或鱼类/海鲜 (鲑鱼、澳洲肺鱼、鳕科鱼类、金枪鱼、虾、蟹)

例 2:

- 西红柿鸡蛋汤或青菜汤 (青菜及豆腐) 加上
- 6 个中等大小 (每个 30 克) 中式饺子

夜宵 (1-2 份碳水化合物)

- 250 毫升牛奶/豆奶/一瓶养乐多 (yakult) 加上 30 克 (一小把) 坚果或
- 250 毫升牛奶/豆奶/一瓶养乐多 (yakult) 加上 12 块小臭豆腐或
- 4-8 块维他韦 (Vita Weet) 或 5-10 粒烤栗子或 3-6 粒枣夹核桃

在餐后到检测血糖之间的 2 小时, 请避免进食。

我可以喝些什么?

- 主要饮用清水、无调味矿泉水和苏打水。可以加入新鲜柠檬或青柠调味（如果要加入蜂蜜，一定要少量，例如一茶匙为最佳）
- 原味牛奶/豆奶可提供丰富钙质及蛋白质。请记得牛奶和椰子水中含有碳水化合物,所以需要把它计入您摄取的碳水化合物份数。
- 可以适量饮用的茶、中国茶、咖啡、无糖软饮及无糖果汁饮料。

如果我仍然觉得饿怎么办?

如您仍觉肚饿,可以在正餐及加餐时加上额外的低碳水化合物食物:

- 非淀粉类蔬菜(参见第 2 页)
- 红肉、鸡肉、鱼类、豆腐,鸡蛋、坚果、植物种籽
- 奶酪
- 牛油果

如果我的血糖仍高怎么办?

有些情况下,即使您摄取正确种类和分量的碳水化合物,血糖仍然可能超标。有些女性需要额外的帮助来控制血糖,她们可能需要胰岛素。这种情况下,切勿断食碳水化合物或进一步控制饮食。如果您的血糖仍然超标,请与 Mercy 医院的糖尿病教育护士联系。

生产后,我会有得二型糖尿病的风险吗?

生产后,您的血糖通常会恢复正常。妊娠糖尿病病史是未来罹患二型糖尿病的风险因素。健康饮食、控制体重、规律运动及母乳喂养都可以减低患病风险。



如需进一步信息,请联络:

Mercy 妇女医院

饮食营养师 电话 03 8458 4165

Werribee Mercy 医院

饮食营养师 电话 03 8754 3150

致谢:

Mercy 妇女医院 饮食营养部及多元文化服务部提供此信息

Baker IDI 心脏及糖尿科协会 (Baker IDI Heart & Diabetes Institute)

提供日期: 2017 年 7 月

重检日期: 2020 年 11 月

复检日期: 2022 年 11 月

相片: <https://stock.adobe.com>, <https://foodtrail.files.wordpress.com>, <http://www.myasiankitchenny.com>

这份文件仅提供常规信息,不可替代专业医疗人员针对您健康状况给出的建议。如果您对自身的情况有任何疑问,应当向专业医疗人员寻求帮助。

Your important health information (Chinese)

Healthy eating for gestational diabetes

What is gestational diabetes?

Gestational diabetes occurs in pregnancy due to changes in your hormone levels. Diabetes is a condition where the level of glucose (a type of sugar) in the blood is too high. A higher than normal level of glucose in the blood while you are pregnant can cause problems for the baby, such as growing too large, early birth, distress during birth and/or low blood glucose levels after birth.

Why is your diet important in gestational diabetes?

Following a healthy eating plan will help you to manage your blood glucose levels and weight gain during your pregnancy while providing adequate nutrition for you and your baby.



Nutrition in pregnancy

It is important to eat a variety of healthy foods to meet your and your baby's nutritional needs. The recommendations for women with gestational diabetes are similar to those for all pregnant women, with some additional guidelines.

Include the following foods in your diet each day

- Fruit, vegetables, wholegrains (bread, rice, pasta, noodles), dairy (milk/soy milk, yoghurt, hard yellow cheese), cooked meat/chicken/fish/eggs (or alternatives e.g. tofu, nuts, seeds)

Limit (eat in small amounts)

- High mercury fish (shark/flake, swordfish, broadbill, marlin) to one serve in two weeks with no other fish that fortnight. Limit moderate mercury fish (orange roughy, catfish) to one serve per week with no other fish that week. Any other fish or seafood can be eaten two to three times each week.
- Caffeine to 200mg/day (café coffee has 90-120mg/cup, tea has 10-50mg/cup). Coffee and tea should be avoided in the two hour period between eating and testing blood glucose levels.

Avoid (don't eat)

- Alcohol and high risk listeria and salmonella (bacteria) foods such as soft white cheeses, cold/deli meats, pre-prepared salads, bean sprouts, raw eggs, pre-prepared meats (pork, duck) in restaurants.

Managing your blood glucose levels

In food there are 3 major nutrients. They are fats, proteins and carbohydrates. Fats and proteins do not directly affect your blood glucose level. However, if eaten in large amounts they can cause extra weight gain which can make it harder to control your blood glucose levels. There are 2 key factors to consider when managing your diabetes with diet:

1. Type of carbohydrate
2. Amount of carbohydrate

What are carbohydrates?

Carbohydrates are starches and sugars found in foods. They are broken down to glucose during digestion. Carbohydrates are found in many healthy foods and provide the body with fuel (energy). Foods that contain carbohydrates also provide fibre, vitamins and minerals. It is important to include these foods in your diet, especially when pregnant:

High carbohydrate

1. Grains: breads, pasta, rice, noodles, breakfast cereals
2. Fruit
3. Dairy - including milk, yoghurt, soy milk (cheese is low in carbohydrate. Avoid soft cheeses for example brie, camembert, ricotta and feta unless they have been cooked until steaming hot. Hard cheeses are safe).
4. Vegetables
 - a. Starchy vegetables: potatoes, yams, pumpkin, corn legumes e.g. lentils, baked beans and chestnuts

Low carbohydrate

- b. Non-starchy vegetables: all other cooked vegetables and salad vegetables e.g. bok choy, cauliflower, broccoli, cucumber, carrot, spinach, cabbage
5. Protein foods: meat, chicken, fish, seafood, eggs, tofu, nuts e.g. peanuts, almonds, walnuts, cashews (except chestnuts), seeds e.g. sunflower and pumpkin seeds

Herbs and spices e.g. fresh chilli, garlic, Five spice, curry powder and soy sauce do not contain carbohydrate and can still be used to flavour food.

The high carbohydrate foods above will directly affect your blood glucose levels. The type and amount of these foods needs to be monitored. The foods which are low in carbohydrate will not significantly affect your blood glucose levels.

Sugar

Carbohydrate foods that contain little nutritional value include table sugar (white and raw), soft drinks, cordials, honey, lollies, cakes, sweet biscuits, chocolate and 紅豆沙 (red bean dessert soup – high sugar). It is best to limit these foods. Stir fry sauces e.g. hoisin, oyster and Szechuan sauces should also be limited. Small amounts of sugar, e.g. one teaspoon in a hot drink, should not affect blood glucose levels much.

Artificial sweeteners

Artificial sweeteners contain either little or no carbohydrate. Sweeteners include Aspartame (Equal) (951), Sucralose (Splenda) (955) and Stevia (960). They can be used in small amounts instead of sugar and are safe to have during pregnancy. They are also found in artificially sweetened products such as diet soft drinks.

What type of carbohydrate foods should I eat?

Different carbohydrate foods break down into glucose at different rates. Some break down quickly causing a large rise in blood glucose levels. These are referred to as higher Glycemic Index (GI) foods. Others break down more slowly resulting in a smaller rise in blood glucose levels. These are referred to as lower Glycemic Index (GI) foods. Lower GI foods are the better choice for managing your blood glucose levels.

Carbohydrate food	<input checked="" type="checkbox"/> Slowly digested foods that raise blood glucose least (lower GI)	<input checked="" type="checkbox"/> Quickly digested foods that raise blood glucose most (higher GI)
Bread and cereals	<ul style="list-style-type: none"> ✓ Wholegrain bread ✓ Fruit and grain bread ✓ Low GI White bread ✓ Rolled oats/traditional oats (porridge) ✓ Congee made with basmati/long grain rice ✓ All Bran, Guardian, Special K ✓ Weet-Bix blends ✓ Untoasted muesli 	<ul style="list-style-type: none"> X White bread X Wholemeal bread X White flour X Instant oats (porridge) X Congee made with short grain rice X Cornflakes X Rice Bubbles, Coco-Pops X Froot loops
Rice, pasta and noodles	<ul style="list-style-type: none"> ✓ Long grain rice ✓ Basmati rice (white and brown) ✓ Wild rice ✓ SunRice Low GI (white and brown) ✓ Wheat pasta (white and wholemeal) ✓ All noodles ✓ Barley 	<ul style="list-style-type: none"> X Jasmine rice X White short grain rice X Brown short grain rice X Potato gnocchi X Millet
Starchy vegetables	<ul style="list-style-type: none"> ✓ Orange sweet potato ✓ Nicola potato ✓ Yam ✓ Butternut pumpkin ✓ Corn ✓ Legumes, lentils, baked beans ✓ Chestnuts 	<ul style="list-style-type: none"> X White potato, purple sweet potato X Pumpkin (varieties other than butternut)
Fruit	<ul style="list-style-type: none"> ✓ Pear, nashi pear ✓ Dragon fruit, durian ✓ Grapefruit, pomelo (<i>Large grapefruit</i>) ✓ Lychees, longans (<i>olive size, like lychee</i>) ✓ Apple, apricots, banana, berries ✓ Cherries, grapes, dates ✓ Orange, kiwifruit, mandarin, mango ✓ Nectarine, peach, plum ✓ Pineapple ✓ Coconut water ✓ Tinned fruit in natural juice (not syrup) 	<ul style="list-style-type: none"> X Rockmelon, watermelon X Tinned fruit (in syrup) <p>Note: Consume only small amounts of dried fruit and fruit juice. Fresh fruit is preferable.</p>
Milk & yoghurt	<ul style="list-style-type: none"> ✓ Dairy milk and yoghurt ✓ Soy milk and yoghurt ✓ Yakult 	<ul style="list-style-type: none"> X Sweetened condensed milk
Biscuits, crackers & extras	<ul style="list-style-type: none"> ✓ Wholegrain crackers e.g. Vita-Weat 9 grain, Ryvita multigrain ✓ Arnott's Snack Right biscuit ✓ Chinese dumplings 	<ul style="list-style-type: none"> X Rice crackers X White savoury crackers e.g. Savoy, water crackers, Salada X Salted meat rice dumplings X Plain sweet biscuits X 紅豆沙 (red bean dessert soup, high sugar)

What amount of carbohydrate should I eat?

Include carbohydrates at each meal and snack. You should eat three moderately sized meals and three small snacks each day.

The amount of carbohydrates recommended below is needed to meet your daily requirements in pregnancy. The amount of carbohydrate in food is counted in carbohydrate portions. Only high carbohydrate foods are counted in portions.

- **One carbohydrate portion is approximately 15g of carbohydrate.**
- **Aim to eat three portions of carbohydrate (45g) at each main meal and one to two portions of carbohydrate (15-30g) at each snack.**

Carbohydrate food	One portion (15g carbohydrate)	
Breads and cereals	1 slice bread/fruit bread ½ cup breakfast cereal 1½ Weet-Bix	2 tablespoons/¼ cup raw muesli/oats ½ cup cooked oats
Rice, pasta and noodles	⅓ cup cooked rice ½ cup cooked noodles	⅓ cup cooked white pasta ½ cup cooked barley
Starchy vegetables	1 small potato ½ cup mashed potato ½ cup sweet potato 1 cup pumpkin	½ cup corn kernels 1 small corn cob ½ cup canned legumes / baked beans ¾ cup lentils
Fruit	¼ cup durian (diced) 1 small dragon fruit ½ large banana ½ cup grapes 1½ cups melon/pineapple 1 cup berries/cherries 1 small banana 6 lychees 30 small longans 1 tablespoon sultanas ¼ pomelo 1 cup (250 ml) coconut water	1 medium apple orange, pear, peach 3 large apricots ½ mango 2 small mandarins/kiwi fruit 25 small strawberries 8 extra-large strawberries 2 medium nectarines/plums ½ cup tinned fruit (drained) ½ cup fruit juice 6 dried apricots/prunes 1 grapefruit 4 dates
Milk	1 cup (250ml) milk/soy milk	
Yoghurt	200g plain yoghurt (always check yoghurt labels as the carbohydrate content may vary)	100g fruit yoghurt 1 bottle yakult
Biscuits, crackers and extras	2 Ryvita 4 Vita-Weats 3 cups air popped popcorn 2 (30g each) medium Chinese dumplings 5 kernels roasted chestnuts	6 small Salada/Savoy 10 rice crackers 2 Arnott's Snack Right biscuits
Flour	2 tablespoons wholemeal flour	

Sample meal plan

Breakfast (three portions carbohydrate)

Example 1:

- 1 cup noodles **PLUS** non-starchy vegetables **PLUS** meat/pork/chicken/beef or tofu **PLUS** 1 cup milk/soy milk

Example 2:

- 2 slices grain bread/toast spread with butter and peanut butter **PLUS** 1 small tub plain yoghurt

Example 3:

- Congee (chicken/pork/egg) made with $\frac{2}{3}$ cup cooked long grain/basmati rice **PLUS** 1 slice grain bread **OR** 1 cup milk/soy milk

Example 4:

- Egg (boiled or fried) **PLUS** 2 slices grain bread **PLUS** 1 cup milk/soy milk **PLUS** tea/coffee (with a dash of milk) can be had with any example

Morning snack (one to two portions carbohydrate)

- 1 portion fruit **PLUS** 1 small tub plain yoghurt **OR** 1 small tub fruit yoghurt

Lunch (three portions carbohydrate)

Example 1:

- $\frac{2}{3}$ cup cooked basmati rice **PLUS**
- Plenty of non-starchy vegetables ($\frac{1}{2}$ plate) **PLUS**
- Meat/pork/chicken or egg/tofu with 1 small potato

Example 2:

- Chinese egg omelette (two to three eggs, Chinese chives, chilli, shallots, light soy sauce, sesame oil, pepper) **PLUS**
- Plenty of stir-fried kailan (Chinese broccoli) or other non-starchy vegetables ($\frac{1}{2}$ plate) **PLUS**
- 1 cup cooked basmati rice

Afternoon snack (One to two portions carbohydrate)

- 1-2 portions fruit **OR** 1 corn on the cob

Dinner (three portions carbohydrate)

Example 1:

- 1 cup cooked basmati rice **OR** 6 medium (30g each) Chinese dumplings **PLUS**
- plenty of non-starchy vegetables ($\frac{1}{2}$ plate) **PLUS**
- Meat/pork/chicken or egg/tofu or fish/seafood (salmon, barramundi, rockling, tuna, prawn, crab)

Example 2:

- Tomato and egg soup **OR** Shanghai greens soup (Chinese greens and tofu) **PLUS**
- 6 medium (30g each) Chinese dumplings

Supper (one to two portions carbohydrate)

- 250ml milk/soy milk/1 bottle yakult **PLUS** 30g (small handful) nuts **OR**
- 250ml milk/soy milk/1 bottle yakult **PLUS** 12 small pieces chou doufu (stinky tofu) **OR**
- 4-8 Vita-Weat **OR**
- 5-10 roasted chestnuts **OR**
- 3-6 walnut stuffed dates

Avoid eating in the two hour period between your meal and blood glucose test.

What can I drink?

- Drink mainly water, plain mineral water and soda water. Add fresh lemon or lime for flavour (if also adding honey remember small amounts, e.g. one teaspoon, are best)
- Plain milk/soy milk provides a good source of calcium and protein. Remember that milk and coconut water contain carbohydrates and need to be included in your carbohydrate portions.
- Tea, Chinese tea, coffee, diet soft drink and diet cordials can be consumed in moderation.

What if I still feel hungry?

If you still feel hungry add extra foods that are low in carbohydrate to your meals and snacks:

- Non-starchy vegetables (refer to page 2)
- Meat, chicken, fish, tofu, eggs, nuts, seeds
- Cheese
- Avocado

What if my blood sugars are still high?

In some instances you may be eating the right amount and type of carbohydrate but will still have high blood glucose levels. Some women need extra help to manage their blood glucose levels and may require insulin. If this occurs it is important not to avoid carbohydrates or further restrict your diet. Please contact the Mercy diabetes educators if your blood glucose levels are high.

After your pregnancy

Am I at risk of developing Type 2 diabetes?

Your blood glucose levels will usually return to normal after the birth of your baby. Gestational diabetes is a risk factor for developing Type 2 diabetes later in life. Eating healthy foods, controlling body weight, regular exercise and breastfeeding can reduce this risk.



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Acknowledgements:

Produced by: MHW Nutrition and Dietetic Department and Multicultural Services, acknowledging Baker IDI Heart & Diabetes Institute

Date produced: July 2017

Date of last review: November 2020

Date for review: November 2022